



WHITEMAN SPIRIT



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www.whiteman.af.mil

FRIDAY, JAN. 9, 2004

9-Line Target



Shack on the NSI!

News in Brief

Promotion testing options available

Enlisted members eligible for promotion testing may request a delay in testing when study reference materials have not been received and provided the member has initiated follow-up action at least 60 days before the testing cycle starts.

Tax forms may be posted online

Tax statements are now posted on the MyPay Web site, <https://mypay.dfas.mil>, for Army, Navy and Air Force Reserve, Department of Defense and Energy civilian employees, military annuitants and military retirees.

The W-2 and 1099 statements are available for these groups to view and print, allowing them to submit their tax returns. Air Force active-duty members will have their statements posted no earlier than Jan. 16, but no later than Jan. 26.

Split disbursement for civilian TDYs

Finance has a travel voucher checklist to help customers with travel voucher submissions. For more details or to download a checklist, visit finance's Web site at <https://intranet.whiteman.af.mil>: 8080/509cpts/index.html.

Foreign language pay available

Active-duty members fluent in a foreign language may receive foreign language proficiency pay based on language proficiency scores, with the exception of Spanish and Tagalog. Members must possess at least a secret clearance to receive the pay, but they don't need a secret clearance to take the test. For more details and test scheduling, call Angela Moore at 687-1748.

Weather

Saturday

Partly cloudy



H 48 °

L 21 °

Sunday

Partly cloudy



H 50 °

L 30 °

For more complete weather information, visit <https://www.whiteman.af.mil/509oss/osw/index.htm>. Courtesy of 509th OSS/OSW



Photos by Master Sgt. Mike Nixon

Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, watches his son, Cadet 4th Class Curt Raaberg, pin a star on the uniform. The commander's wife, Claudia, also pins on the new rank as his other son, Greg, looks on. General Raaberg was officially promoted by Lt. Gen. Bruce Carlson, 8th Air Force commander, in a ceremony here Monday.

Wing honors 64 promotees

To include Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, the 509th BW recognized 64 people at the promotion ceremony Monday. They are:

Airmen Joseph Berry, 509th Security Forces Squadron, Ana Rivas, 509th Medical Operations Squadron, April Stallworth, 509th Civil Engineer Squadron, and Jackson Thompson, 509th Maintenance Squadron.

Airmen 1st Class Mario Ballinas, 509th Aircraft Maintenance Squadron, Andrew Betsworth, 509th MXS, Martaez Brown, 509th Services Squadron, Amanda Cook, 509th SFS, Tanya Dean, 509th Operations Support Squadron, Mario Esparza, 509th Logistics Readiness Squadron, Christopher Flanagan, 509th SFS, Alyssa Gazda, 509th OSS, David Gonzalez, 509th MXS, Thomas Gruszczynski, 509th MXS, Celine Gueit, 509th Communications Squadron, Gary Hilliard, 509th SFS, Matthew Hinton, 509th MXS, Christian Hollins, 509th SVS, Kenneth Human, 509th SFS, Enrique Jose, 509th OSS, Neal Kellogg, 509th LRS, Mary Salinas, 509th LRS, Michael Sarro, 509th CS, Alan Schiff, 509th LRS, Sarah Thorn, 509th MXS, and Bernard Watson, 509th AMXS.

Senior Airmen Chandler Bearup, 509th SFS, James Burchell, 509th CES, Corrie Cruz, 509th MXS, Jana Dixon, 509th OSS, Edmund Hodo, 509th CES, Joshua Hunt, 509th CES, Peter Koontz, 509th LRS, Sean Landau, 509th AMXS, Jeremy Lemons, 509th SFS, Deshaun McField, 509th SFS, Joel Morris, 509th SFS, Juan Santana, 509th LRS, Robert Sheehan, 509th LRS, Samuel Summers, 509th SFS, Tracy Woods, 509th Maintenance Operations Squadron, and Ed Yacobozzi, 509th LRS.

Staff Sgts. Nicholas Bateman, 509th MXS, Ethan Bragg, 509th SFS, Douglas Flowers, 509th LRS, Stenya Mendoza, 509th SFS, William Merriman, 509th MOS,



Lt. Gen. Bruce Carlson, 8th Air Force commander, Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, and Chief Master Keith Cobb, 509th BW command chief master sergeant, pose with Airman Jackson Thompson, 509th Maintenance Squadron. Thompson was the lowest ranking airman at the Monday's ceremony.

Brian Perkins, 509th CES, Tia Schroeder, 509th CS, Antonio Williams, 509th MOS, and Sherry York, 509th MDOS.

Tech. Sgts. Michael Heustis, 509th MXS, Mark Jansen, 509th AMXS, Michael Love, 509th CS, Michelle Mahurin, 509th Comptroller Squadron, Mary Moten, 509th BW, and Andrea Warren, 509th CPTS.

Master Sgts. Charles Hoskins, 509th CES, Craig Langley, 509th LRS, David Maxwell, 509th MXS, Jeffrey Nelson, 509th Maintenance Group, and Darla Rush, 509th Mission Support Squadron.

Senior Master Sgt. Paul Smith, 509th MXS.

No need to complain about 'another exercise'

By Staff Sgt. Nate Hier
3rd Wing Public Affairs

ELMENDORF AIR FORCE BASE, Alaska (AFPN) — Exercises can undoubtedly be a colossal pain in the south end of a north-bound horse. When the kids are sick and can't go to the child development center, Mom's on days and Dad's on nights, there are times when it's hard to keep a positive outlook on why we have to train like we do.

Answering the phone to a recall at about 4 a.m. or so on a Wednesday, knowing immediately you won't get a day off for quite awhile, can make it easy to lose sight of the reason that call came.

That is until you take a few minutes to pick up a paper or watch the news.

Our comrades-in-arms in Iraq and Afghanistan aren't worried about working through weekends — they're worried about accomplishing the mission and coming home in one piece. They're not looking forward to a day off; they're worried about when and where the next mortar attack might come from. You could get all that just from watching the news.

And that might make you think twice before complaining about playing your part in an operational readiness exercise at home.

I'm ashamed to say I have even more reason to understand why we exercise, and I have no right to complain. Like many people, I've got friends over there right now and others who just returned. To say the least, it's no trip to Prince Sultan Air Base, Saudi Arabia.

I don't mean it wasn't a worthy accomplishment to have served in operations Northern Watch or Southern Watch. In this day and age of operations tempo, virtually any of us who have been in a couple of years have made at least one, if not multiple trips to Southwest Asia. Any time you spend away from family and friends to protect the freedoms we hold dear is an important and noble sacrifice; however, when I think about my last trip to the sandbox, it's about a million miles away from what our brothers are going through right now as we do our part in the exercise and then go home to sleep in our own beds.

The only bunker run I made in three

months in Saudi lasted about 15 minutes — and it was just for an accountability exercise. In many places, they're making multiple, real-world bunker runs every week. There's a reason people are dying over there — it's no exercise, and it isn't going to end in eight days.

I have a friend who would shoot me occasional e-mails to let me know how things were going on his recent deployment. My messages to him consisted of World Series updates and weekly accounts of NFL football. His replies were of very different subject matter. They were about mortar attacks; sleeping in bunkers; living in a helmet and flak vest; and most sadly, of people getting hurt and others dying.

Amazingly, I still had the audacity to get angry when my wife couldn't take off from work to stay home with our young son when his fever topped 103 degrees. What an atrocity. All it amounted to was me getting off the nightshift, high-fiving my wife and daughter as they left for work and school, then having the chance to spend some time with my boy while waiting on a sitter, so I could get some

sleep before my next shift.

How many deployed soldiers, sailors, airmen and Marines would complain about coming off a shift and being able to spend time with their children? More accurately, how many of them wouldn't give everything they have for the chance I was actually selfish enough to complain about?

Exercises aren't fun — they're not supposed to be. It's not a "company line" when we tell reporters we train year-round like this so we're ready for deployments at a moment's notice. It's not a line at all. It's who we are, it's what we volunteered to do, and it's the reason our nation enjoys more freedoms than any other country in the world.

As I walked upstairs to catch a couple hours of sleep, I could only laugh at myself for having been so foolish. It was quite a morning for the Hier clan. My son's fever had broken, one sister gave birth to a healthy 5-pound, 11-ounce girl and another got out of jail, hopefully for the last time. And I'd been right here at home to take every call.

It's a new year, are you working on a new you?

By Maj. Jeff Long
393rd Bomb Squadron Director of Operations

Pull up the default Web page of the Internet on your computer, glance at the magazine covers at the checkout stand, look through your local newspaper or catch a commercial during your favorite TV show, and you're going to be prodded to do something to improve yourself as you enter the new year.

Whether you respond to the media blitz or you're self-inclined, most of us at least consider the start of a new year as a good time to begin some type of self-improvement.

Each year, I reflect on where I stand in a few areas. I make some type of pledge to improve on things in the new year.

There are hundreds of self-help books, courses and seminars available today. They provide guidance on what we need to do to be the complete person and succeed in life. I chose to look back to a lesson that I learned in college while I was a counselor at a Christian sports camp called Kanakuk in Branson, Mo. Kanakuk taught the "Four Square Life."

From the Bible, Luke 2:52, "And Jesus improved himself in wisdom and stature, and in favor with God and man." This verse provides me with a framework to compare whether or not I have the proper balance in life. This allows me to evaluate my progress as a person and if I'm capable of contributing to the Air Force and society.

I've found the "Four Square Life" to be particularly applicable to service in the military because Jesus was all about service. Let me explain.

As we progress through our military career, we're



Photo by Tech. Sgt. Dave Wiss

Maj. Jeff Long, 393rd Bomb Squadron, reviews personnel records with 2nd Lt. Beth Robinson, 393rd BS.

called initially to be experts in our job. We're tasked with learning our specialty and then gathering experience in that line of work. During our first few years, we're expected to progress to the point where our knowledge and experience make us worthy to teach this area of expertise. Throughout your career, increased wisdom usually leads to increased stature.

I look at myself in two areas when evaluating stature. First, am I progressing in my level of knowledge, experience and performance that will lead the Air Force to continue to promote me and give me increased levels of responsibility? Second, I'm evaluating my physical appearance and condition to determine two things. Does my appearance positively represent God, family and the Air Force? Does my conditioning allow me to do my job the best that I can? Bottom line: I must be in excellent physical condition to do my job to the best of my ability.

The spiritual area of your life is private, but most experts say that those who really succeed in life have a spiritual element. Indeed, those who founded this country had a higher being in mind and looked for guidance from above. I evaluate myself based on my personal relationship with God, my contribution to my church and the community that we live in. This leads into the area of man.

How do you increase yourself in favor with man? That's simple: be someone who's fair, trustworthy, a good listener, consistent and who looks after others before taking care of self. This is the area that allows you to tie the others together to be the complete person.

I believe the keys to success in life and the Air Force are being an expert in your field, doing the things the Air Force asks you to do, being in excellent physical condition, having a spiritual element to your life that adds perspective and a standard for right and wrong, and realizing the importance of getting along with people from all walks of life, because nothing gets done without people. So, for the new year, I'm seeking a new me, with better balance ... an improved "Four Square Life."

Editorial Staff

509th BW Commander Brig. Gen. Doug Raaberg
Chief, Public Affairs Maj. Don Langley
NCOIC, Internal Information .. Staff Sgt. Francesca Popp
Editor Senior Airman Shawn Clements
Staff writer Airman 1st Class Joe Lacdan

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The deadline for article submissions to the Whiteman Spirit is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 65305

AEF transitions back to steady state

By Staff Sgt. Francesca Popp
Public Affairs

Major combat operations in Iraq officially ended May 2. However, the Air Force still has requirements to support the warfighter commanders.

While visiting here to celebrate the B-2's 10th anniversary, former 509th commander Brig. Gen. Anthony Przybyslawski briefed the wing on the status of Air and Space Expeditionary Force deployments.

General Przybyslawski, now the AEF Center commander, explained differences between AEF steady state and surge operations. He also had a message for base members: the AEF system has proven itself to present the full spectrum of AF capabilities to combatant commanders while providing predictability and stability to our airmen. It's a system that is continuing to evolve but maintains the base core of the system — our people are the real reason the system works.

"Airmen must understand the AEF is the system. It's how the Air Force deploys trained, combat-ready airmen and equipment to support the warfighting commander. The CSAF has previously stated that the AEF is the heart and soul of the system. AEF is not a hobby — it is the system. It's something everyone needs to embrace and live by to help make it work," said General Przybyslawski.

The general went on to say, "The AEF is unique as it represents the Total Force ... active duty, the Air Reserve Component which is comprised of the Air National Guard and Air Force Reserve. The ARC has been an integral part of the AEF as it brings many specific and unique capabilities no longer done in the active-duty force. Using ARC volunteers to meet warfighter's requirements while satisfy-

Learn more about the AEF, visit the Web site on Air Combat Command homepage at <http://www.acc.af.mil> or AEF center Web site at <http://aeffc.langley.af.mil>

ing personal schedules, employer needs and community activities is a win-win situation. These members are able to seamlessly 'step-in' and provide additional capabilities to augment our force.

"Our civil service personnel also provide a unique history, experience and deployment knowledge skill base vital to making the AEF work by supporting home station operations and in some cases as volunteers in theater. The AEF continues to garner interest by sister services," General Przybyslawski said.

To make the AEF work, the general said supervisors and commanders should review their Unit Tasking Codes capabilities. They should report the readiness status for their UTC's frequently in the AEF UTC reporting tool, or ART, and accurately so the Air Force has a complete picture of force availability. This information is used to provide analysis and decisions in the future trends and needs of the Air Force.

Besides reviewing UTCs, the general described how the Concept of Operations, or CONOPS, for AEF works. The AEF battle rhythm has shown it can support the requirements needed for steady state operations through contingency operations.

"The AEF — after being able to present more than 100,000 airmen to the warfighter commanders for Operation Iraqi Freedom, Operation Noble Eagle and still simultaneously providing support to Korea and the Pacific — is

on the road back to a steady-state situation," General Przybyslawski said.

However, he stressed that people in certain career fields may continue to have extended tours — longer than 3 months, until those requirements are decreased. There aren't enough people postured to fill those specific skills needed for deployment requirements and still maintain home station operations. Many of these people affected are in the security forces, fuels, civil engineer, intelligence, certain communications and air traffic control career fields.

Given the higher operations tempo for the Global War on Terrorism, the general said the AEF CONOPS is being reviewed.

"Is 90 days correct? Is 10 AEFs correct? We owe General (John) Jumper (Air Force chief of staff) an assessment of this. If there are any lessons learned over the last year with the build up of our forces, it's that the AEF works and is evolving. The AEF is a part of our expeditionary culture," he said.

He also added that senior leaders have the ultimate decision on how the AEF process works.

The AEF is a force presentation tool that embodies one of the key tenets of air power — flexibility. It allows the Air Force to respond to the full spectrum of military operations, from the humanitarian interventions and exercises through the large-scale major theater contingencies our political and military leaders deem appropriate to achieve our national security objectives. The AEF is the AF system to ensure trained, combat ready airpower forces are always available for the combatant commanders while providing a more predictable and systematic deployment process for our airmen.

Wing earns top rating for NSI

The 509th Bomb Wing earned high marks from the Air Combat Command Inspector General team during the Nuclear Surety Inspection here Dec. 10-16.

The wing earned the highest possible rating of satisfactory from the team, and had 46 people and 14 teams recognized as superior performers. They are:

Capt. Benjamin Both and **Tech. Sgt. Latonya Charles**, 325th Bomb Squadron

Combat Crew Communications, and **Target Intelligence and Combat Mission Folder Production teams** and **Capt. Dayle Dabney**, 509th Operations Support Squadron

Capt. Jennifer Wilson, 393rd BS

Stockpile Preparation Team, 2nd Lt. **Perry Goebel**, Staff Sgts. **Jason Close**, **Christopher Gresser**, **Randall Hall**, **Brian Pankratz** and **Walter Swan**, Senior Airman **Charles Schilacci** and Airman 1st Class **Jennifer Figueroa**, 509th Munitions Squadron

Plans and Programs, and **Tech. Sgt. Eric Duffendack**, 509th BW

Tech. Sgts. Daniel Jordan, **Gregory Lund**, **Timothy Miller**, **Michael Mugler** and **Frank Pickard**, Staff Sgts. **James Aselstine** and **Jeffrey Turner**, Senior Airman **Michael Bradshaw**, Airmen 1st Class **Colt Callison**, **Lindsey Harris**, **Jennifer June**, **Joseph Lara**, **Cory Lasseigne**, **Jesse Lockett**, **Mildred Mister**, **Larry Tolliver**, **Tara Vaughns**, **Nicholas**

West and **Joshua Williams** and Airman **Justin Black**, 509th Security Forces Squadron

Aircraft Generation Team, **Tech. Sgt. Jay Perkins**, Staff Sgts. **Brian Deweerd**, **Marcy Dwight** and **Derek Groeling**, Senior Airmen **Michael Antesoda** and **Michael Sands** and Airman 1st Class **Justin Reeves**, 509th Aircraft Maintenance Squadron

Civil Engineering Readiness Contamination Control Station, **Emergency Generator Response** and **Explosive Ordnance Disposal Aircraft Emergency Response teams** and Staff Sgt. **Kenneth Kline**, 509th Civil Engineer Squadron

MHU-204/MHT Inspection Preparation, **MJ-40D Bomblift Preparation** and **Tiger Teams**, and Staff Sgt. **Michael Pierce**, 509th Maintenance Squadron

Staff Sgt. **Anthony Witak**, 509th Mission Support Squadron

Staff Sgt. **Bobby York**, 509th Medical Operations Squadron

Visual Imagery and Intrusion Detection Systems Team, Senior Airman **Michael Salinas** and Airman 1st Class **Craig Hoivik**, 509th Communications Squadron

Weapons NSI Tiger Team, 509th Maintenance Group

Medical Personnel Reliability Program Working Group, 509th Medical Group.



Photo by Senior Airman Shawn Clements

There's a first for everything

Navy Lt. Michael Orr, 394th Combat Training Squadron, finished his first B-2 flight Tuesday. His daughter, Caroline, and Capt. Jared Kenish, 394th CTS, congratulate Orr after the five-hour training sortie in the *Spirit of Texas*. Orr is the first naval pilot to fly the B-2.

Clip and Save: When the weather turns bad, listen to these stations for base closures and delays.

Kansas City Radio

KBEQ (104.3 FM)
KFKF (94.1 FM)
KPRS (103.3 FM)
WDAF (610 AM)
KMBZ (980 AM)
KDUL (98.1 FM)

Kansas City TV

KMBC Channel 9 (ABC)
KSHB Channel 41 (NBC)
WDAF Channel 4 (FOX)
Clinton Radio
KLRQ (96.1 FM)
KDOK (1280 AM/ 95.3 FM)

Warrensburg Radio

KOKO (1450 AM)
KCMW (90.9 FM)
KXXK (105.7 FM)
KWKJ (98.5 FM)

Sedalia Radio

KDRO (1490 AM)
KSIS (1050 AM)
KSDL (92.1 FM)

Also tune into Channel 99 on base

Whiteman Spirit Award



Diana Atherton
509th Services Squadron

Diana Atherton, 509th Services Squadron, received the Whiteman Spirit Award from Col. Ned Schoeck, 509th Bomb Wing vice commander, Dec. 8.

Master Sgt. Dee Ann Poole, 509th BW, nominated Mrs. Atherton for the award because she took the extra

effort to send notes home to her to tell how her son was doing.

“Diana works in Room 15 and provides care for my son, Jonathan,” sergeant said. “Every morning she greets him with a smile and personally welcomes him to the room.”

Jonathan started going to the child development center in early April and the transition was hard for him. Diana immediately took charge to make him feel safe and welcome in the new setting, sergeant said.

“The transition was just as tough for me, because I was pregnant and close to my due date, sergeant said.

“Because I don’t see Diana when I pick Jonathan up from the CDC, she took the time to reassure me by writing notes on how Jonathan was doing in the new setting,” Poole said. “Jonathan has been attending the CDC for more than seven months and Diana still writes me notes to keep me informed.”

Personally Speaking

Duty title: Child development program assistant
Time on station: 2 years, 7 months
Time in service: 8 years, 2 months
Hometown: Northern California
Spouse: Staff Sgt. Neil Atherton, 509th Maintenance Squadron.
Children: Drew, 8, and Emma, 3.
Hobbies: Spending time with my family, traveling and

scrapbooking.

Goals: To be the best wife, mother and child care provider that I can be.

Best thing about Whiteman: The services and programs available for children.

Pet peeves: People who don’t give 100 percent all the time.

What motivates your winning spirit?: To be a positive role model for my children, Drew and Emma, and a love for the work that I do.

If you could change one thing at Whiteman, what would it be? Build a large indoor play area with climbers and sensory tables for all of the children on base to use when it’s too hot or cold to play outside.

Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the individual making Whiteman a better place to live and work by going far beyond his or her assigned duties to “make it happen.”

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail whiteman.spirit@Whiteman.af.mil.

This space is reserved for advertisements

1st Sergeant's View

(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)

By Master Sgt. Mark Revel

509th Mission Support Squadron First Sergeant

When I wrote this, I was exactly one week away from my retirement ceremony. Now I'm on terminal leave. Therefore, I thought it appropriate to share a few thoughts gleaned over 20 years of service to this great Air Force and nation.

The Necessity of Nice. No one likes to work for or with mean people. You'll be a more effective leader and/or worker by being courteous and nice to those around you. The old saying, "You catch more flies with honey than with vinegar" is true. If you're a grump your people won't be as productive.

Smile! You have no idea how persuasive and powerful a smile can be. It puts people at ease and helps others enjoy being around you, therefore widening the comfort zone and increasing productivity.

Have Fun. Yes, sometimes doing our duty isn't fun, but I do know this: I have always been able to have fun and enjoy every assignment I've had.

Let your people have fun at work and they'll be happier and more productive. Sure, it takes some risk and creativity, but the benefits are worth it. People like a fun

environment.

Take Responsibility. If you screw up, say so. Step up to the plate and accept responsibility for your actions. No excuses, no fancy blame-shifting speeches. When a task is yours, it's yours all the way, come success or failure. If it doesn't go exactly as planned, you'll be respected for taking responsibility.

Microleaders Micromanage! If your people are competent, empower them and let them get the job done. No one I've ever met in the Air Force has liked working for a micromanager. Granted, there are times when the situation dictates a dose of micromanagement, but we have good NCOs and officers who can do it themselves. Give them what they need to be successful and it will build tomorrow's leaders.

I remember working B-52s as a conehead with Senior Master Sgt. Jim Lamont, 509th Maintenance Operations Squadron, when we were both staff sergeants. He would occasionally let the airmen run the shift putting us NCOs to work. This gave them insight into prioritizing maintenance as well as making leadership decisions. Crazy, some might say, yet it produced great supervisors.

Don't Freak Out Over Little Stuff! There will be enough big problems to cause you stress ... let the little things stay little. For instance, some senior NCOs go nuts when they see another senior NCO wearing shoulderboard rank insignia. This is silly since the regulation authorizes shoulderboard wear and it's a mark of senior NCO distinction. Pick your battles wisely.

Don't Be a "Yes" Man. Integrity is our first core value. Don't tell your bosses what they want to hear ...



Photo by Senior Airman Shawn Clements

Master Sgt. Mark Revel, 509th Mission Support Squadron first sergeant, reviews his retirement records with Airman Anna Franklin, 509th MSS.

tell them the truth! Doing and saying the right thing is sometimes hard, but important.

Patriotism Rocks! Always remember our mission and how important and different we are as members of the most elite service branch in the world. We serve the greatest nation on earth. What a tremendous blessing. Senior Master Sgt. Mark Clark, 509th Civil Engineer Squadron, is the most patriotic man I know. He's always speaking of the awesome honor and privilege it is to serve the American people.

Learn About Air Force History. It's exciting and will spur you on when we're at war again and you're working 16-hour days. Love this nation.

Lastly, thank you for the privilege of serving alongside you. May God bless each Whiteman warrior.

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Stripes awarded to three Team Whiteman members



Photo by Airman Ryan Wilson

Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, and Stephanie Roberts, tack technical sergeant stripes onto now Tech. Sgt. Billy Jack Roberts, 509th Aircraft Maintenance Squadron. Roberts received the promotion through the Stripes for Exceptional Performers program Tuesday.



Photo by Staff Sgt. Tia Schroeder

Tech. Sgt. Tina Tafolla (third from the right), 509th Communications Squadron, poses with Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, and other CS members after she had technical sergeant stripes tacked onto her. Tafolla received the promotion through the Stripes for Exceptional Performers program Wednesday.



Courtesy photo

Brig. Gen. Doug Raaberg, 509th Bomb Wing commander, and Chief Master Sgt. Keith Cobb, 509th BW command chief master sergeant, tack master sergeant stripes onto now Master Sgt. Charles Wellman, 509th Logistics Readiness Squadron. Wellman received the promotion through the Stripes for Exceptional Performers program Tuesday.

15 Whiteman members complete NCO Academy

Fifteen Whiteman Air Force Base technical sergeants graduated from the NCO Academy Dec. 11 at Keesler AFB, Miss.

Award winners are:

Gary Cabral, 372nd Training Squadron, and **William St. Peter**, 509th Civil Engineer Squadron, were selected as Distinguished Graduates.

Other graduates are:

David Cotrell and **Michael Riese**, 509th Logistics Readiness Squadron, **Michael McCarthy** and **David Shirley**, 509th Maintenance Squadron, **Timothy Hughes**, 509th Communi-

cations Squadron,

John Stemple and **Gregory Williams**, 509th Aircraft Maintenance Squadron,

Marvin Patton, 72nd Test and Evaluation Squadron,

Roy Ollie, 509th Maintenance Group,

Barney Lopez, 325th Bomb Squadron,

Kevin Delery, 509th Munitions Squadron,

Andrea Garcia, 325th BS, and **Mark Booher**, 509th Security Forces Squadron.

24 graduate ALS class 04-A

Airman Leadership School Class 04-A graduated 24 senior airmen Dec. 18 at Mission's End.

Award winners are:

Benjamin Barker, 509th Operations Support Squadron, John L. Levitow and Leadership awards.

Ethan Souder, 509th Maintenance Squadron, Distinguished Graduate and Academic Achievement awards.

Other graduates are:

Michael Antesoda and **Jason Homeyer**, 509th Aircraft Maintenance Squadron

Ron Battle, **Chad Forsythe** and **Christine Weir**, 509th Security Forces Squadron

Joshua Buck, **Kristy Crespo** and **Matthew Leipart**, 509th OSS

Gregory Dolak, **Ronny Grullon**, **David Hollinger**, **Keian Holt**, **Brian Perkins** and **Travis Swift**, 509th Civil Engineer Squadron

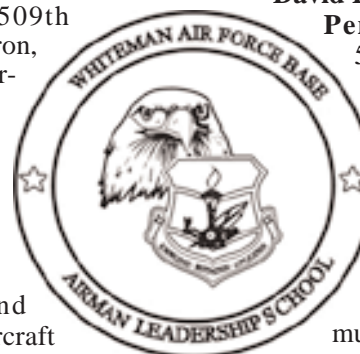
Juan Gutierrez-Carde, 509th Munitions Squadron

Senequa Harris, **David Reuscher**, **Tameka Whigham** and **Raymond White**, 509th MXS

Angelo Lino, 509th Communications Squadron

Jeremy Parsons, 325th Bomb Squadron and

Michael Porter, 72nd Test and Evaluation Squadron.



Courtesy photo

Tack it on

MANAS AIR BASE, Kyrgyzstan — Master Sgt. Scott James and Staff Sgt. Steve Grigg tack senior airman stripes onto Senior Airman Patrick Ross during a promotion ceremony here Dec. 31. They're members of the 376th Expeditionary Logistics Readiness Squadron and are deployed from the 509th LRS.

Airmen Against Drunk Driving
Call 687-RIDE or 877-518-6802

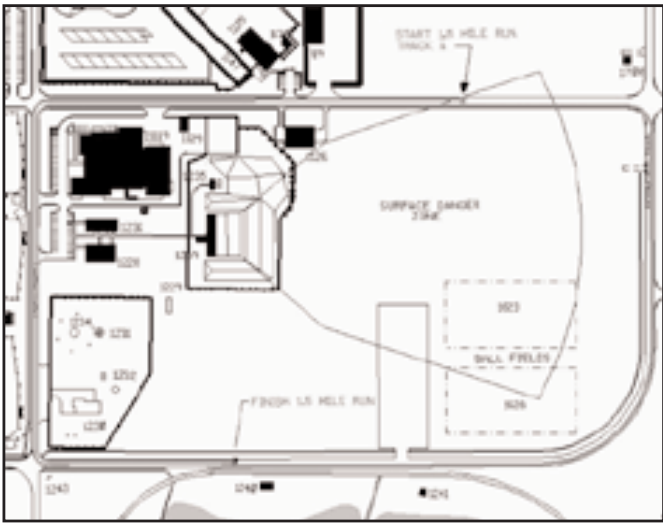
Whiteman ready for new fitness test

By Nita Hawk
Installation Fitness Program Manager

“I want to make very clear that my focus is not on passing a fitness test once a year. More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It’s about warriors. It’s about instilling an expectation that makes fitness a daily standard — an essential part of your service,” said Gen. John Jumper, Air Force Chief of Staff.

With the release of the Air Force Chief of Staff Sight Picture, the culture here began changing. Six months ago the building blocks for a fitter 509th Bomb Wing force were being laid. Squadron commanders implemented unit fitness programs. The Health and Wellness Center began briefing units on exercise progression, injury prevention, proper gear, cold weather preparation and safety. Fitness screening procedures were briefed across the wing to ensure everyone was cleared for exercise. The Nov. 14 issue of the Whiteman Spirit featured many fitness-related articles as well as the official fitness standards. The HAWC coordinated with wing safety and civil engineers to map out and mark the official 1.5-mile running courses. There are two official courses for squadrons to use.

The HAWC initiated Physical Training Leaders certification to get the wing members ready for the 2004 fitness changes. Each unit is equipped with at least one certified PTL to conduct the fitness assessments for their squadron. Additional training dates are set for 8 a.m.-3 p.m. Jan. 12. The abdominal circumference measurement will be performed in each squadron orderly room. Training and certification takes place 8 a.m. and 2 p.m. Jan.



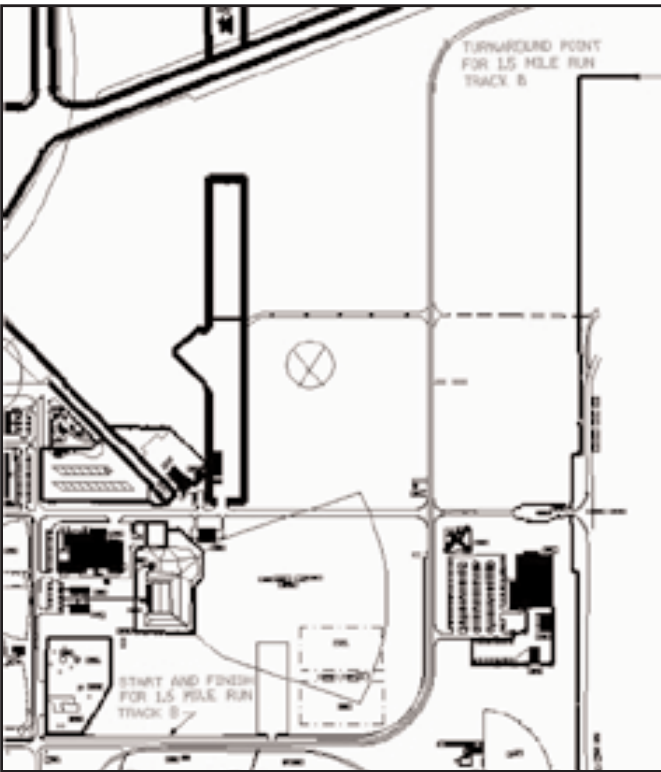
This is the map of course one.

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Members currently on a fitness improvement program or the weight management program will test within 30 days of the Jan. 1 Air Force Instruction implementation.

The HAWC offers intervention programs to meet the needs of the marginal and poor fit individuals. As the preparation to improve readiness continues, the challenges of the cold weather are real. These tips will improve the goal to succeed:

- ✓ Warm up properly — stretch longer.
- ✓ Wear appropriate clothing — dress in layers.
- ✓ The first layer should wick moisture.



This is the map of course two.

- ✓ The second layer should be good insulation.
 - ✓ The outer layer should be water and wind resistant.
 - ✓ Gauge the wind — begin by facing the wind and return with the wind.
 - ✓ Avoid rapid cooling after exercise — seek a warm environment soon after exercising in the cold.
- For more details, call the HAWC at 687-7662.

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